

## Roasted Beets and Carrots



### Ingredients:

- 1 pound beets, peeled and cut in half
- 1 pound carrots, cut into 2-inch lengths, and halved lengthwise if large
- 1/4 cup red wine vinegar
- 3 tablespoons olive oil
- kosher salt and black pepper, to taste

### Optional Topping:

- 2 sprigs of rosemary

### Directions:

1. Heat oven to 450 F.
2. Toss the beets, carrots, vinegar, oil, 1/2 teaspoon salt, and 1/2 teaspoon pepper on a rimmed baking sheet.
3. Roast, tossing once, until the vegetables are tender, about 30 to 35 minutes.
4. May serve hot or at room temperature.

*Makes 4 Servings*



**Tarrant County Public Health**  
<http://health.tarrantcounty.com>